

Cardiopulmonary (Stage 1) Exercise Test

Instructions for patients

You will do this test at the Pulmonary Function Lab:

Toronto General Hospital

585 University Avenue, Norman Urquhart Building, 10th floor, room 1018

📞 Phone: 416 340 4086

What is a cardiopulmonary exercise test?

A cardiopulmonary exercise test measures how well your lungs and heart work while you exercise on a treadmill or bicycle. You gradually exercise a little harder as the test continues. This test takes about 1 hour to complete.

You must have an Electrocardiogram (ECG) within the 30 days leading up to this test.

How do I prepare for the test?

- Bring your health card (OHIP card) to the appointment.
- Don't do any heavy exercise 4 hours before the test. For example, don't go jogging or do an activity that causes you to become out of breath.
- Don't wear any scented products. For example, don't wear perfume or lotion.
- Wear comfortable clothes and running or gym shoes.
- Eat a light meal before the test.
- Talk to your doctor and follow their instructions about whether or not to stop taking some of your medicines before this test.